Did you know?
You can monitor your walking (or other exercise) speed/pace/intensity based on how heavy you are breathing while you perform the movement.

HERE’S A QUICK INTENSITY KEY

Choose **LOW** Intensity if:
YOUR BREATH: You can do the activity while maintaining easy, light breathing.
COMPARE IT TO: A leisurely stroll!

Choose **MODERATE** Intensity if:
YOUR BREATH: While doing this exercise, you are somewhat winded but could still have a conversation.
COMPARE IT TO: A brisk walk uphill!

Choose **HIGH** Intensity if:
YOUR BREATH: You are almost breathless.
COMPARE IT TO: Racing someone full speed!